



**Robert E. Bush
Naval Hospital**

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

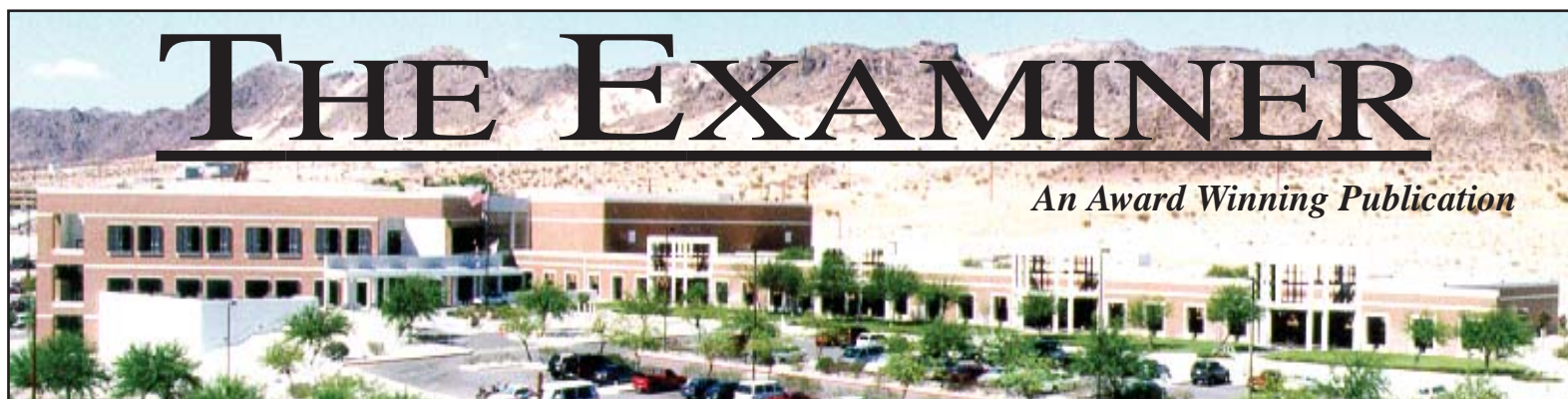
- * Through the ICE web-site.
- * Through the Naval Hospital Customer Comment Cards.
- * The Hospital's Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the hospital's clinics.

Or Directly to the Joint Commission via:

E-mail at complaint@jointcomission.org

Fax:
Office of Quality Monitoring
630-792-5636

Mail:
Office of Quality Monitoring
The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181



THE EXAMINER

An Award Winning Publication

<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Happy Birthday Corpsmen!



Former Hospital Corps Force Master Chief Lou Green, left, and HN Thomas Hess, the youngest Hospital Corpsman at the Hospital Corps Birthday Ball, team up to cut the birthday cake. Hess works in the Multi-Service Ward of the Robert E. Bush Naval Hospital.

Navy Surgeon General Discusses Advancements in TBI Treatments

From Navy Medicine Public Affairs

SAN FRANCISCO, Calif. (NNS) -- The top medical officer for the U.S. Navy and Marine Corps discussed military medical research advancements in the areas of traumatic brain injury and post traumatic stress at the 8th Annual World Congress on Brain, Spinal Cord Mapping and Image Guided Therapy, June 8.

The annual medical conference is a multi-disciplinary forum designed to facilitate cross-disciplinary sharing of technological and medical advances and scientific discovery. The attendees are a mixture of neurosurgeons, radiologists, neurologists, psychiatrists, rehabilitation medicine, cardiologists, pulmonologists, bioethicists, policy makers, government officials, engineers, physicists, graphic designers, allied healthcare professionals, healthcare executives, students, post-docs., residents and fellows.

During his keynote address, Navy Surgeon General Vice Adm. Adam M. Robinson Jr, stated that military medical advancements coupled with enhanced medical training and trauma experience during ten years of war have led to a 97 percent survival rate for coalition casualties; the lowest mortality rate amongst trauma victims coming out of any war in history.

"When Sailors and Marines in the fight are hurt, we apply all of our training and resources to provide rapid evacuation and care, and this is done in partnership with our sister services," said Robinson. "If a warrior can arrive with life in him or her, there is a good chance we can keep them alive. This is a huge advancement since the days of Vietnam and even Desert Storm."

Due to the nature of wounds in Iraq and Afghanistan, Robinson made Traumatic Brain Injury and psychological health treatment his top research priority to best support both operational forces and home-based families during his tenure as Navy Surgeon General and Chief of the Navy Bureau of Medicine and Surgery.

"Our focused research has yielded tremendous results in combat casualty care in mild to severe TBI and post traumatic stress, as well as areas like wound management, wound repair and reconstruction, extremity and internal hemorrhage control and phantom limb pain in amputees," said Robinson.

Robinson told the audience that a key element of healing wounded warriors in body, mind, and spirit starts with care near the point of injury such as the Navy's Concussion Restoration Care Center located at Camp Leatherneck, Kandahar Afghanistan, the first of its kind facility that brings concussion specialists to the front lines. According to Robinson, most Sailors and Marines in the fight who are being treated at Camp Leatherneck suffer from mild TBI or concussions

Continued on page 7

Patients seen in May -- 12,000

Appointment No Shows in May -- 852

More good news for our patients in May... the downward trend in no shows for appointments is still trending down. For May it was 6.6 percent. We still have to keep trending down so we can meet or even exceed our goal of 5 percent. Help us to help you increase your access to health care... you deserve the best!

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

Summer Is Here -- Protect Yourself From The Sun

*By Martha Hunt, MA CAMF
Health Promotion and Wellness
Robert E. Bush Naval Hospital*

Warning: exposure to the sun’s ultraviolet (UV) rays can damage your skin. At 93 million miles away we sometimes don’t realize how dangerous the sun can be as far as skin damage that can lead to cancer and damage to our eyes that can lead to cataracts.

Each year, approximately one million skin cancers are detected in the U.S. Reducing your exposure to the sun’s UV rays can decrease your risk of skin cancer.

Want to know how you can protect your skin and eyes while still having fun outdoors?

Here are some tips to help protect you and your family from the damaging rays of the sun.

Avoiding the sun during the midday hours provides the best defense against skin cancer. However, if you can’t avoid the midday sun, remember that choosing shade, hats, sunscreen, etc can protect your skin.

Use sunscreen everywhere - not just to the pool or beach. Use a sunscreen with a sun protection factor (SPF) of at least 15, generously apply it 30 minutes before going outdoors and reapply it frequently throughout the day, especially after swimming or exercise. A couple of general tips: avoid sunscreen sprays, pumps and powders because the chemicals in them can be inhaled, and choose products that use the minerals zinc or titanium as their active ingredient because they’re the most stable.

Don’t be misled by the very high SPF numbers found on some sunscreens as it can give you a false sense of safety in the sun and causing you to reapply less frequently or stay in the sun for longer periods.

Never put sunscreen on babies under six months old as it can be absorbed through their skin.

The best way to protect your baby is to keep them out of the sun completely by keeping them in the shade, wearing hats and baby size sun glasses to protect their delicate eyes.

Read the label before using

any sunscreen to be sure there are no toxic chemicals in them such as PABA, retinyl palmitate or oxybenzone as these chemicals have been found to be hazardous. Oxybenzone is an endocrine disrupter (a chemical that can upset the hormone balance in your body) and retinyl palmitate is a form of topical vitamin A that some animal studies suggest may be linked to an increased risk of skin cancer. PABA has also been linked to increasing your risk of skin cancer.

The research group “Environmental Working Group” has compiled a sunscreen safety guide that explains which sunscreens have toxic chemicals in them and which sunscreens perform the best. That report can be found at <http://breakingnews.ewg.org/2011/sunscreen/>.

Here are more tips to help prevent skin cancer. Seek Shade... Whenever possible, avoid the midday sun when UV rays are the strongest and do the most damage. When you’re outdoors, look for trees, beach umbrellas or tents as good sources of shade.

Use Your Head and wear a Hat... Up to 80 percent of skin cancers occur on the head and neck, so wearing a wide-brimmed hat is a great way to shade your face, ears, scalp, and neck from the sun’s rays. A hat with a four-inch brim provides the most protection. If you choose a baseball cap, also use a sunscreen with an SPF of at least 15 to protect your exposed ears and neck.

Cover up with clothing... A shirt, beach cover-up, or pants with a tight weave are all good choices for cover. A typical T-

shirt usually has an SPF that is much lower than the recommended SPF 15 so you will still need sunscreen and shade when possible.

Wear sunglasses...Don’t forget to protect your eyes from harmful UV rays. Sunglasses protect the tender skin around your eyes and reduce the risk of developing cataracts. Look for sunglasses that block both UVA and UVB rays. Also, try wrap-around lenses, which keep UV rays from sneaking in at the sides.

Remember that the damage you do to your skin and eyes as a young person never goes away. That tan or sunburn you got as a young person is directly linked to your risk of skin cancer as you get old. Protect yourself now and save yourself the pain of skin cancer later in life.

Thinking of Quitting?...This New TRICARE Benefit Could Help

*By Shari Lopatin and Diane Mayer
TriWest Healthcare Alliance*

Have you ever thought of quitting smoking, but just didn’t feel ready...yet? Or perhaps, you want to quit, but don’t know where to start.

After all, kicking that habit isn’t exactly easy. That’s why TRICARE now offers a new counseling benefit for smoking cessation. You don’t need to have a smoking-related illness to use the benefit. You just need to receive the counseling from a TRICARE-authorized provider who’s properly licensed or certified for this type of counseling.

The only restriction is this: the smoking cessation counseling benefit is not available for Medicare-eligible beneficiaries.

Need a reason to seek more information? Try this: According to the American Lung Association, your lungs will start growing healthier almost immediately after quitting.

Check out any of these resources for more on the counseling benefit, or for help to quit smoking:

- * TriWest’s tobacco cessation page: www.triwest.com/tobacco
- * TriWest Tobacco Quitline: 1-866-244-6870
- * TRICARE Tobacco Free: www.tricare.mil/tobaccofree
- * DoD-sponsored website: www.ucanquit2.org
- * Center for Disease Control and Prevention: www.smokefree.gov

Editor’s Note: You can also contact the Robert E. Bush’s Health Promotions coordinator, Martha Hunt, to help you kick the habit of tobacco... Call 760-830-2814.

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

Commanding Officer
Captain Ann Bobeck, MSC, USN

Executive Officer
Captain Cynthia Gantt, NC, USN

Command Master Chief
HMCM (SW/FMF) Rodney Ruth, USN

Public Affairs Officer/Editor
Dan Barber

Command Ombudsman
Valatina Ruth
Care Line 830-2716
Cell Phone (760) 910-2050

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month’s edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
FAX: (760) 830-2385
E-mail: dan.barber@med.navy.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Critter de jour...

While Watching out for Dangerous Desert Denizens you also need Dog Bite Safety Awareness

**By Martha Hunt, MA CAMF
Health Promotion and Wellness
Robert E. Bush Naval Hospital**

Summer is the season for travelling to visit friends and family, who may own pets that you and your family may not know.

Summer is also the season when some families decide to bring a new puppy into their home as part of their family. When visiting family and friends, here are some tips to help prevent an unfortunate dog bite. Most dog bites are the result of the person not understanding some basic 'dog eti-

quette' and acting according to what the dog is capable of understanding.

Remember, when a dog bites a person, both the victim and the dog suffer from the consequences.

Never approach a dog you do not know or who you have not seen in a long time as it may take a while for the dog to remember you.

Always approach the owner of the dog first, so that the dog sees that you are friendly and not an immediate threat to them. If the owner is not present, then do not approach the dog at all unless you have been visiting for a few days and the dog has

gotten used to you.

Never approach a dog that is eating, sleeping or caring for puppies. They will may be protective and might bite.

If you or a family member are approached by a strange dog, then let the dog sniff you. Stand still and keep your hands to your sides. Never make direct eye contact with a strange dog as they will see this as aggressive behavior on your part and may bite in response.

Teach your kids never to run and scream around a strange dog. This will bring out the dog's attack or herding instincts and could end up with your child being injured. Also, teach

your kids to always ask the owner of the dog if they may pet the dog, rather than just reaching for it. The dog will see the motion as a threat and may react by immediately biting.

If you are attacked by a dog, it's best to try to feed the dog your jacket, book, purse, or anything else that can serve as a barrier between you and the dog. If you are pushed to the ground, it's best to curl into a ball and protect your face and ears with your hands.

Remember, don't scream or try to run, this will only excite the dog further and make the biting worse.

Now, if you have decided to bring a new dog into your home this summer, there are ways that you can raise your new family member to be more social and less likely to bite someone they may see as a threat.

Start with socializing your dog as early as possible to other dogs as well as to other humans. Introduce them safely to new people, places and animals so that way they will be able to tell who is friend and who is foe and act less aggressively.

Also, they will be less nervous and frightened if they are used to other people and dogs around them and less likely to grow up to be a fear biter.

The next step is to teach your dog what behavior is allowed and what is not. Take your dog to obedience training yourself -- rather than have someone else train your dog for you -- so that you and your whole family learn to work as a team. This way your dog understands what you

expect of them and not what the trainer expects.

Play responsibly with your dog. Do not teach them aggressive behavior in play. Playing at tug or teasing them is teaching them to be aggressive.

Play should be fun and safe and should not teach the dog aggression to anyone. The dog will not be able to tell who is friend and who is not if you make fun time aggressive. Just like kids, dogs learn from you and if you teach them aggression, they will respond aggressively.

If you don't know how your fluffy bundle of joy will react in a new situation, like visiting family or friends, then keep him away from strangers until he can be introduced safely.

Remember, if you socialize him to new people and places, he's much more likely to be less stressed and less aggressive in these situations.

Spaying or neutering your pet also helps to reduce aggressive behavior in dogs as it reduces their desire to roam. Spayed or neutered dogs are 3 times less likely to bite than are intact dogs.

Finally, make sure that you have your pet's vaccinations up to date. If a dog bite does occur, you will need to provide all of the proper vaccinations and licensing documents to the authorities. Be a responsible pet owner. Your dog can be a loving, protective member of the family if both of you have the proper training.

TRICARE Does Not Retire When You Do

**By Sharon Foster
TRICARE Management Activity**

When beneficiaries retire from active duty, they may have big plans for how they are going to spend their time. Along with choices about where to live and their next great adventure, they must make choices about their health care.

Understanding these choices will help beneficiaries and their families make the best health care decisions.

"While active duty service members must use TRICARE Prime or Prime Remote, retirees who are not eligible for Medicare may be eligible for TRICARE Prime or choose TRICARE Standard or Extra," said Kathleen Larkin, director, Health Plan Policy Division of Health Affairs, TRICARE Management Activity.

"Each program has advantages pertaining to cost, location and convenience," she added.

If space is available, retirees can continue care in a military treatment facility (MTF) with a primary care manager, through TRICARE Prime. This requires re-enrolling and paying annual fees of \$230 for an individual and \$460 for a family.

If beneficiaries choose to enroll in TRICARE Prime at an MTF, they will receive care based on the same access-to-care standards as all other Prime

beneficiaries.

TRICARE Standard or Extra may be the best option if a retiree moves to a location that is not near an MTF or where Prime is not offered. TRICARE Standard is a flexible, affordable plan that gives retirees and their eligible family members a greater choice of providers, no enrollment fees, waiver of cost shares for most preventive health care services and the same low catastrophic cap as TRICARE Prime.

TRICARE Extra offers even lower out-of-pocket expense if retirees use network providers. Although there is no enrollment fee for TRICARE Standard and Extra, a deductible of \$150 for individuals and \$300 for a family must be met before cost-sharing begins.

Under TRICARE Standard and Extra, retirees retain the same access to pharmacy benefits through a local MTF or TRICARE Pharmacy Home Delivery.

To learn more about Home Delivery, go to:

www.tricare.mil/homedelivery.

Retirees also have the option to use the TRICARE retail pharmacy network and can purchase dental coverage through the TRICARE Retiree Dental Program (TRDP). More information on TRDP can be found here: www.trdp.org.

In addition to TRICARE retiree health care benefits, certain medical and pharmacy ben-

efits may also be available to retirees from the Department of Veterans Affairs. Go to www.va.gov/health/default.asp for more information.

The TRICARE Overseas Program (TOP) Standard option is available to retirees planning to live outside the United States. They and their family must meet a deductible before cost-sharing begins and generally file their own claims for reimbursement for covered health services. TRICARE also has additional country-specific requirements for care received in the Philippines.

Retirees should always remember to update the Defense Enrollment Eligibility Reporting System (DEERS) with any new personal information, including a new address. The website address for DEERS is www.dmdc.osd.mil/appj/dwp/index.jsp. Automatic coverage by TRICARE Standard and Extra or TOP Standard occurs after retirement as long as DEERS information is current.

TRICARE recommends beneficiaries consider all available choices before retiring. It is best to plan well in advance to ensure a smooth transition. Beneficiaries can learn more about retiree health care options at their local TRICARE Service Center. Other TRICARE contact information and beneficiary assistance locations can be found at www.tricare.mil/contactus.

Super Stars...



CS2 Robert Dalton, Combined Food Services Department is frocked to his current rank as a Petty Officer Second Class.



HM3 James Abelar, Material Infant Nursing Dept., receives a Letter of Commendation.



Mr. Vincent Aldaz, Combined Food Operations Dept., receives the Individual Safety Award for 2010.



HM3 Vincent Petsch, OB/GYN Clinic, is frocked to his current rank of Third Class Petty Officer.



CSCS Gener Cunanan, Material Management, is frocked to his current rank of Senior Chief.



HM3 Patrick Coke, Patient Administration Department is frocked to his current rank as a Third Class Petty Officer.



HM3 Brendon Gordon, Main Operating Room is frocked to his current rank as a Third Class Petty Officer.



HM3 Valentin Diaconu, Manpower, was frocked to his current rank at the Hospital Corps Birthday Ball.



Lt.j.g. Shelly Griffith, Environmental Health Officer in the Preventive Medicine Dept. takes the oath during her recent promotion ceremony to Lieutenant.



CS2 Giam Magpayo, Combined Food Services receives a Navy and Marine Corps Achievement Medal.



CS3 Edwin Abad, Combined Food Operations, is frocked to his current rank of Third Class Petty Officer.



HM3 Courtney Marsh, Mental Health Clinic, is frocked to her current rank as a Third Class Petty Officer.



Lt.j.g. Gretchen Roseen, a Nurse Corps Officer assigned to the Pediatrics Clinic takes the oath at her promotion ceremony to Lieutenant.



HM3 Jason Dyrhaug, Military Readiness Clinic is frocked to his current rank as a Petty Officer Third Class.



Lt.j.g. Charles Kinard, Nurse Corps Officer in the Emergency Medicine Department receives a Navy and Marine Corps Commendation Medal.



IT2 Matthew Colvard, Information Management Department, receives a Flag Letter of Commendation for his work while assigned to the USS Mount Whitney (LCC/JCC 20)



HM3 Ricky Galan, Staff Education and Training Department, receives a Navy and Marine Corps Achievement Medal for his work while assigned to Headquarters Battery, 3rd Battalion, 11th Marine Regiment as Training Petty Officer and Battery Corpsman.



HM2 Abner Ocampo, Pharmacy, is promoted to his current rank of Second Class Petty Officer, and he is awarded his first Good Conduct Medal.



Lt. Cmdr. Junewai Reoma, a surgeon assigned to the hospital's General Surgery Dept. receives a Navy and Marine Corps Achievement Medal for his work at the hospital.



Lt.j.g. Mary Redden, Maternal Infant Nursing Department, left, and Lt.j.g. Christopher Redden, Mental Health Department, take the oath at their recent promotion ceremony to Lieutenant. Both are Nurse Corps Officers.



HMC Thomas Tennison, Medical Services, receives a Gold Star in lieu of his second Navy and Marine Corps Commendation Medal.



HM3 Ryan Schuck, left, Emergency Medicine Dept. is frocked to his current rank of Third Class Petty Officer.



HM1 Eduardo Pamatz, left, Radiology, is awarded the Military Outstanding Volunteer Service Medal.



HM3 Derrick Roberts, right, Mental Health Dept. receives his first Good Conduct Medal.

Continued on page 8

Meals and Moves: Together Counts!

By Shari Lopatin
TriWest Healthcare Alliance

“For the first time in our history, American children may face a shorter expected lifespan than their parents.”

That quote, taken directly from the Partnership for a Healthier America’s website, explains the essence of a growing obesity problem across the U.S. The partnership...which is headed by First Lady Michelle Obama...says that obesity rates have tripled in the past 30 years.

Obese and overweight children are more likely to suffer academic, social and financial burdens throughout life. So, what can you do, to prevent this from happening to your children?

Together Counts

TriWest Healthcare Alliance, the company which administers TRICARE in 21 western states, believes that together, we can make a difference. That’s why TriWest joined forces with Together Counts, a nationwide program that inspires active and healthy living. As part of Together Counts, we challenge

you:

- * Eat at least ONE healthy meal each week.
- * Do at least ONE family activity each week.

That’s it-- Just one... It can be as simple as cooking dinner together, then going for a walk. Or if you have kids, let them choose a fun activity. A picnic and a game of Frisbee at the park? A barbeque followed by a few hours in the pool?

Because, what it all boils down to is, we are a nation that needs to move again.

What causes obesity?

According to the Centers for Disease Control and Prevention (CDC), obesity now affects 17 percent of all U.S. kids and teenagers.

The CDC listed these as the most common causes of obesity:
* Energy imbalance. This means eating too many calories and not getting enough physical activity to burn them off.

* Genetics, which also affects metabolism (how fast one digests food), behavior (staying up late and sleeping in), environment (nowhere and no time to exercise), culture, and socioe-

conomic status.

* One’s behaviors and environment play the largest roles in causing obesity. These also represent the best areas for prevention and treatment.

Want more information?

It’s easy to find... Learn more about Together Counts, and how you can help, by visiting www.TogetherCounts.com.

Find more healthy living tips on TriWest’s Healthy Living Portal, at www.triwest.com/HealthyLiving

The Heat of the Summer is Here... Again

By Dan Barber
Public Affairs Officer
Robert E. Bush Naval Hospital

Just in case you haven’t noticed, we are in the summer season here... and I’m sure that you’ve heard this warning before... but it is worth repeating because it is important to pay attention to your environment to prevent heat stroke.

The Heat Condition Flag Warning System, determined by the Wet Bulb Globe Temperature Index (WBGT) reading, on the Combat Center is set up to help you determine your safe daily outdoor activities in the summer months. The Robert E. Bush Naval Hospital also constantly monitors the ‘Mainside’ WBGT in real time

making it available on the hospital’s internet at <https://www.med.navy.mil/sites/nhttp/Pages/FlagCondition.aspx>
The WBGT index consists of a combination of readings from

stress intensity, known as the WBGT Index.
Safety concerns with heat and physical training are very real, especially in a desert environment. Dehydration is a constant

the warm summer months, be sure to weigh yourself regularly.
There is no specific temperature beyond which you should not exercise. People have become heat casualties even in

lar heat conditions for a period of 12 weeks for more.
Black Flag -- WBGT Index Temperatures range 90 and above -- Vigorous outdoor exercise, regardless of conditioning or heat acclimatization, is not advisable.

Combat Center members should be advised to note the flag, which is indicated on the hospital’s web site before beginning outdoor workouts on Main side in the summer months. For Camp Wilson and Ranges, check with Marine Wing Support Squadron -- 374 (MWSS-374) Weather Office at 830-7809, as geographic locations on the base cause the WBGT Index to vary.

Although you do not have a choice about the characteristics of work clothing or gear, do not use a vapor barrier (rubber) suit as an aide for weight reduction while exercising. Exercising in a rubberized suit may result in severe dehydration and elevate your core body temperature. Wearing these suits also will not help you with your weight reduction program since the decrease in weight is due to a very temporary loss of fluid, not fat loss. If you are required to wear NBC gear or body armor you should add 10 points to the WBGT Index to determine your training activities.

For more information on the WBGT Index call the Hospital’s Preventive Medicine Department at 830-2029.

...Safety concerns with heat and physical training are very real, especially in a desert environment. Dehydration is a constant threat when exercising in the heat. Thirst occurs too late to be a good indicator of excessive water loss from the body...

thermometers, providing temperatures for dry, humid and radiant heat. These three temperatures are combined in a standard formula providing a more accurate reading of heat

threat when exercising in the heat. Thirst occurs too late to be a good indicator of excessive water loss from the body. When you are engaged in a lot of intense physical activity during

subfreezing temperatures because they were overdressed. Any circumstances that cause your body’s heat production to exceed its capability to cool off will often result in heat stress.

To alert Combat Center members of hazardous heat conditions, the following flags are flown to indicate readings and control physical activity:

Green Flag -- WBGT Index Temperatures range from 80-84.9 -- Unrestricted physical activity may be carried out.

Yellow Flag -- WBGT Index Temperatures range from 85-87.9 -- Physical activity should be limited to those people who have been exercising in similar heat for a minimum of 10 days or more.

Red Flag -- WBGT Index Temperatures range from 88-89.9 -- Physical activity is advised only for members who have been working out in simi-

Advancements in TBI Treatments...

Continued from page 1

from IED blasts.

Since opening, the center has seen hundreds of personnel and the Navy has since expanded its capability to include first ever Navy Neurologist assigned to Kandahar to help support this mission. The Center at Camp Leatherneck is also a full spectrum center providing occupational and physical therapy, acupuncture, sports medicine and psychoeducation.

"We are benefitting greatly from having this in-theater support to immediately diagnose and treat concussions or mild TBI," said Robinson.

Robinson highlighted the contributions of medical research and research and stated that Navy Medicine would not be able to accomplish its mission without a vibrant research and development community that is supported by and works in partnership with both of its military sister services, as well as the private sector, non-profits and academia.

The United States Navy has a long history of medical research. Dating back to 1853, when the U.S. Congress created the first Naval Medical Research facility in Brooklyn, New York. Navy

Medicine has 10 medical research laboratories located in the U.S. and overseas, focusing on programs as wide ranging as population based medicine and epidemiology, aviation, submarine, directed energy, toxicology, emerging infectious disease evaluations, combat casualty care, diving medicine and many more areas.

"Many of our wounded warriors are walking, talking, and leading productive lives today because of the research and medical advancements we have worked on together, and because of our transition/reintegration

and resiliency programs we have created for them and their families," said Robinson. "The world class care we provide today is a direct result of the razor sharp focus we have placed on translational research advancements for our wounded warriors."

The Navy's Surgeon General also shared his views on the long-term care that will be needed for many wounded veterans and emphasized the Navy's commitment to work with numerous partners to ensure they receive enduring care.

"Make no mistake, the challenge of healing and caring for

these men and women, in body, mind, and spirit is a long-term one that will last the better part of this century as the young wounded warriors of today mature into tomorrow's aging heroes," said Robinson.

Robinson oversees a global healthcare network of 63,000 Navy Medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Going Paperless Raises \$85,000 for Military Families

PHOENIX (June 6, 2011) Making the simple switch to electronic statements means military families throughout the country will receive thousands in additional funding to help during a future time of need.

Through TriWest Healthcare Alliance's "Go Green and Give" campaign, more than \$85,000 was raised to help four national military charities in their mission of supporting military families.

All told, more than 17,000 TRICARE West Region households participated in the three-month effort.

Go Green, TriWest Gives Green

For each of the 17,000 households that chose to Go Green and receive healthcare statements electronically, TriWest agreed to donate \$5 to one of four military charities:

- * Armed Services YMCA (ASYMCA)
- * Operation Homefront
- * Tragedy Assistance Program for Survivors (TAPS)
- * USO

"It's great to know that by simply choosing paperless options, our customers were able to help these four outstanding organizations...and ultimately, provide support to the men, women and children who do so much for our country," said TriWest President and CEO David J. McIntyre, Jr.

Clearing the Clutter

TRICARE West Region beneficiaries can continue opting in for paperless healthcare communications, such as referral and authorization letters, claims and explanation of benefits statements, by visiting www.triwest.com/GoGreen.

TRICARE ECHO Helps Families with Special Needs

By Linwood Outlaw III
TRICARE Management Activity

For beneficiaries with specific mental or physical disabilities, TRICARE's Extended Care Health Option (ECHO) provides benefits, including financial assistance that is not available through the basic TRICARE program.

ECHO does not replace benefits from other TRICARE programs; it simply offers supplemental benefits, such as possible coverage for assistive services, durable equipment, transportation, special education, in-home medical services and in-home respite care services.

ECHO is available to active duty family members, including family members of National Guard and Reserve members activated for more than 30 days; family members eligible for continued TRICARE coverage

through the Transitional Assistance Management Program; children or spouses of former service members who were victims of physical or emotional abuse and family members of deceased active duty sponsors during the period they are in transitional survivor status.

Children may remain eligible for ECHO benefits with no additional premium beyond the usual TRICARE eligibility age limit (21 or 23 if enrolled in college full time) as long as the sponsor remains on active duty, the child is incapable of self-support because of a mental or physical incapacity that occurs before reaching the age limit and the sponsor is responsible for more than one-half the child's support.

Qualifying conditions for ECHO include moderate or severe mental retardation, a serious physical disability and a

physical or psychological condition that causes the beneficiary to be homebound.

Under the ECHO plan, active duty sponsors are responsible for paying a cost share determined by their pay grade and separate from cost shares associated with other TRICARE programs. Regardless of the number of dependents registered in the ECHO, the sponsor pays only one cost share for benefits used in a calendar month. The maximum TRICARE cost share for all ECHO benefits combined, excluding ECHO home health care benefits, is \$36,000 per fiscal year. Comprehensive services offered through the ECHO home health care benefit, which provides assistance to beneficiaries who are homebound and generally need more than 28 hours of home-based medical services each week, have their own separate reimbursement rates.

Super Stars...

Continued from page 5



HM3 Michael Wall, Maternal Infant Nursing Dept., is frocked to his current rank as a Third Class Petty Officer.



HM3 Zachary Zanone, Multi-Service Ward, is frocked to his current rank as a Third Class Petty Officer.



HM1 Jeremy Walton, Material Management, receives his forth Good Conduct Medal.



HN Henry Bueno, Adult Medical Care Clinic is the Blue Jacket of the Quarter for the period from Jan. 1 through Mar. 31.



Ubaldo 'Dave' Llanos, Command Suite, has been selected as the Junior Civilian of the Quarter for the period from Jan. 1 though Mar. 31.



HM3 Jason Mitchell, Manpower, has been named the Junior Sailor of the Quarter for the period from Jan. 1 though Mar. 31.



Therese Weseman, TRICARE Operations Dept., is named as the Senior Civilian of the Quarter for the period from Jan. 1 through Mar. 31.



HM1 Timothy Nacinopa, Laboratory has been selected as the Senior Sailor of the Quarter for the period from Jan 1 through Mar. 31.



Lt. Cmdr. Joseph Gomez, Department Head at the Adult Medical Care Clinic was selected as the Officer of the Quarter for the period from Jan 1. through Mar. 31.



HM2 Steven Diaz, Emergency Medicine Dept., was frocked to his current rank at the Hospital Corps Birthday Ball.



Lt. Leah Williamson, receives a Navy and Marine Corps Commendation Medal for her work while assigned to the Naval Hospital's Medical Services Directorate as a business manager.